



PROJECT REPORT

2019-2025



support

A **CULTURE SHIFT** PROGRAMME

CULTURESHIFT.ORG.UK

project partners:



Project Background

Carers O'Clock has been funded by East Sussex County Council Adult Social Care since 2019, creating opportunities for respite and peer support through monthly artist-led sessions in community venues.

Many unpaid carers remain unaware of the support that is available and Carers O'Clock is designed to bring carers together in a supportive and creative environment, providing a platform for stronger advocacy around carers rights, healthcare, financial and emotional support.



The project was first launched through as a series of online sessions and resources during the COVID lockdown, with in person sessions taking place firstly in Eastbourne, with the addition of a second monthly session in Uckfield in 2022.

'I didn't think anyone else would understand, being here everyone gets it, finally all my emotions are validated without judgement'



Facilitated by a dedicated team led by a professional artist, Carers O'Clock creates a supportive space to allow carers to share their experiences and knowledge with each other, taking some precious time out from their caring responsibilities to focus on their wellbeing. Carers O'Clock tackles the loneliness that many carers experience and allows them to relax and express themselves creatively.

We know that carers' own needs are often neglected so at Carers O'Clock, they are cared for and provided with refreshments and a freshly prepared hot lunch.

Carers are able to immerse themselves in engaging and uplifting creative activities, whilst in the company of other carers who fully understand the demands of caring, they just 'get it'. With this connection, carers support each other through conversation and practical advice.



'You become lost in caring, it is monotonous. This is lifesaving. To be able to stop and take stock of life, share laughter and realise you are not alone.'

'I would never have thought laughter would be so hard to find day to day but it is when you are caring. Then I came to Carers O'clock and it brought the light back into my life.'



Impact

Carers O'Clock has been running for

7
years

1210
Total
Attendances



93
Sessions

189
Individual Carers

Attendances at Carers O'Clock have grown year on year with 363 attendances at sessions in 2025.

100%



of participants reported that Carers O'Clock had a positive impact on their mental health and general wellbeing.

Diverse groups which are known to be under-represented in other programmes (such as male, ethnically diverse and kinship carers) have been successfully engaged in growing numbers through Carers O'Clock.

'I just want to say thank you. It's been 2 days since Carers O'clock and I still feel good. I generally feel so low. I wake up in the mornings and I just feel so sad. Carers O'clock keeps me going'



'Creativity has always been something I enjoyed but since becoming a 24/7 carer I had lost myself. You have helped me re-discover my love of creativity and how essential it is for my wellbeing. I wouldn't be able to cope without the support of you all and the other carers in this group'

'Thank you for always making us feel loved through your care'

'This group is what I have been looking for, a place to be myself again and not just a carer'



At Culture Shift we believe in the power of creativity to connect, uplift and transform.

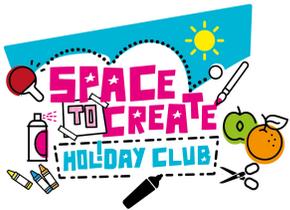
We design, produce and deliver upbeat arts-powered experiences in communities across Sussex, for every sort of people.

We create programmes, events and festivals with creative oomph and social impact – inspiring positive shifts in individuals, groups and communities.



Find out more about Culture Shift's projects at

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powered by creative



OOMPH!